

"HOW I BECAME the CHAMPION WING SHOT"

"How did I become the champion woman wing shot of the world?"

The speaker was Mrs. Nettie Burrows, who broke forty-nine clay-pigeons out of fifty in open competition at Springfield, Ohio, and whose record has never been equalled by any woman. She rarely misses a Saturday at the traps where, in competition with men, she more than holds her own.

"I didn't have any idea of becoming a champion when I began," she said. "I believe the real reason was because I married Mr. Burrows. He was a crack shot and always was going away on duck hunts. When I married him I weighed eighty-seven pounds. Never in my life had I gone out hunting. Never in my life before my marriage had I ever thought of shooting with a shotgun.

"Since then I have done lots of hunting. From the thin girl of those days who thought of doing nothing more strenuous than crocheting, I have developed until I have muscles highly developed. I am strong and healthy. I have gained strength in the swamps hunting ducks with my husband and at the traps."

As Mrs. Burrows was speaking it was her turn to shoot. She stepped to her place, swung the heavy gun to her shoulder and, "bang, bang, bang," in quick succession as fast as she could reload and as fast as the clay pigeons came flying they broke before her unerring aim.

"Now I'll tell you about the championship," said Mrs. Burrows. "Fifteen years or more ago my husband, J. W. Burrows, had been down in the marshes hunting ducks for two weeks. I'm getting tired of staying here all alone while you're away," I told him. "You either stay at home or I go along."

Mr. Burrows at first protested. He told his slender wife she could not stand hunting. He told her she could not stand the mosquitoes in the swamps. He told her she could not walk as long as a man and it would kill her in a day. Finally he yielded to her insistence and together they went to the swamps at Portageville, Mo., during hunting season.

The first time out Mrs. Burrows returned completely exhausted. Her right arm and shoulder were black and blue from the recoil of the gun.

GOES BACK FOR ANOTHER HUNT.

She refused to give up, however, and went back to the woods time and again. Before there was a bag limit she once brought home ninety-six ducks in one day. Later came the big tournament at Springfield and the winning of the championship in 1904. Since then Mrs. Burrows has not rested on her laurels. Every year she goes back to the swamp. There is a limit on the number of ducks and other game that can be bagged now, but every year she takes that limit and then quits. The rest of the time she goes to the traps with her husband nearly every week.

"If you are seeking health take to the game fields," is Mrs. Burrows' advice. "I can outwalk my husband now. He won't go hunting any more unless I go along. I am as good a shot as he is and oh, it's glorious getting out with nature and the wild things and living like wild things yourself."

"Too many girls keep indoors too much. They think they haven't time to get away. The thing for them to do is to get away this week and every week. They will soon be able to get all their work done in less time and have plenty of time to get away. I have my history as a clinching argument to prove my point. See what I did for myself and learn. I am not different from other women. I didn't take to the woods to get strong. I went with my husband for companionship, but I got results just the same. Today I am healthy and strong. Today I



Mrs. Nettie Burrows Learned to Use Gun so She Could Accompany Husband on Duck Hunts--At National Contest Woman Hit 49 out of 50 Clay Pigeons

can attend my home duties better than other women just because I took to the game trails."

Mrs. Burrows is not the only woman who has shot herself into health. Mrs. June Houghton, who won a gold medal last summer in a balloon competition in New York has a similar record. She says there is nothing that women can do for all-around development equal to shooting. Not only will the exercise give health, but it will give beauty, she says.

Naturally, having proved for herself the efficacy of shooting as a health sport, Miss Houghton cannot say too much in its favor. To shoot well one must have her clothing loose enough to be absolutely comfortable, leaving every movement free.

Then the diet must be light and nourishing, allowing at least two hours after a meal before shooting, getting plenty of sleep and being lots of time in the open air.

PRINCIPLES OF GOOD SHOOTING.

She says that there are three great principles to be observed in successful shooting, the first being to stand properly, and to do this one must have on comfortable shoes having a medium heel. Every muscle of the body is brought into play, and the toes help to grip the ground as the shoulders are raised to bring the gun into position.

When the position is properly taken the right elbow is at a horizontal line with the shoulder and the trigger hand is opposite the cheekbone, the left hand well down on the barrel of the gun, pulling it in toward the body.

The use of all the muscles makes them as hard and trustworthy as steel. The concentration required steadies the nerves and gives one complete control of all physical and mental conditions, being especially good for the lungs and the development of the muscles of the back.

Miss Houghton adopted shooting as a means of livelihood when broken in health and obliged to give up trained nursing, her means of supporting herself.

She has always been fond of shooting, having been taught by her uncle, with whom she lived as a child in Randolphville, N. Y. But little did he think that he was preparing her to make thousands of dollars and an international reputation for herself by this simple method of target practice.

It was while at the Pan-American World's Fair that she was led to take it up as a livelihood in rather a peculiar way. She was called to see a sick Indian child who acted as interpreter for the famous Indian Chief Geronimo.

During her ministrations to the sick boy the old chief gave her the name of "Sunbeam," which she adopted as her nom de plume when she began her professional career.

INDIAN ADVISES HER TO SHOOT.

Delicate in health, advised to seek a warm climate if she would live through the winter, and with the problem for earning a living for two confronting her, she asked her old Indian friend's advice, and he solved the problem for her in one word, "shoot;" and she did, and in six months had shot herself into health and prosperity as well.

She started at Madison Square Garden in September of that fall, at first hardly able to lift her gun to her shoulder and nearly fainting after each performance; but in six weeks she was able to endure the work and daily gained, so that in a short time she abounded with vitality and endurance.

She traveled South, and quite astonished the officers of the Army and Navy who saw her shoot, not only by her skill in human target work, shooting cards from the lips and fingers of her assistants, outlining the human figure against a target and other wonderful feats, but by her endurance, which was equal, if not superior, to that of the soldier in active practice. In Cuba she held the boards of the Theatre Marti for two months at a time

and spent nine months touring the island.

In France, in competition with the French soldiers at a meet given in honor of the Spanish King Alfonso's visit, she shot fifteen times into one hole in a pasteboard card held in the fingers of an assistant, making a hole not larger than a small thumbnail. She also gave exhibitions in Switzerland and Germany during her stay abroad.

"Shooting induces healthy appetite, restful sleep, perfect digestion, fine muscular condition that makes walking a pleasure—does all, in fact, that women are trying to have beauty doctors do for them. I know of no healthier exercise than shooting, next to which I class dancing," declared Miss Houghton.

"It reduces the hips, tapers the waist, rounds out neck, shoulders and bust and beautifies the complexion."

She bemoans the fact that women are so slow to adopt a sport so beneficial. Even though they may dislike to kill bird or beast, they might join the hunt and compete for prizes in target work while the

PORTRAIT of Mrs. Nettie Burrows and snap shots taken at the traps.

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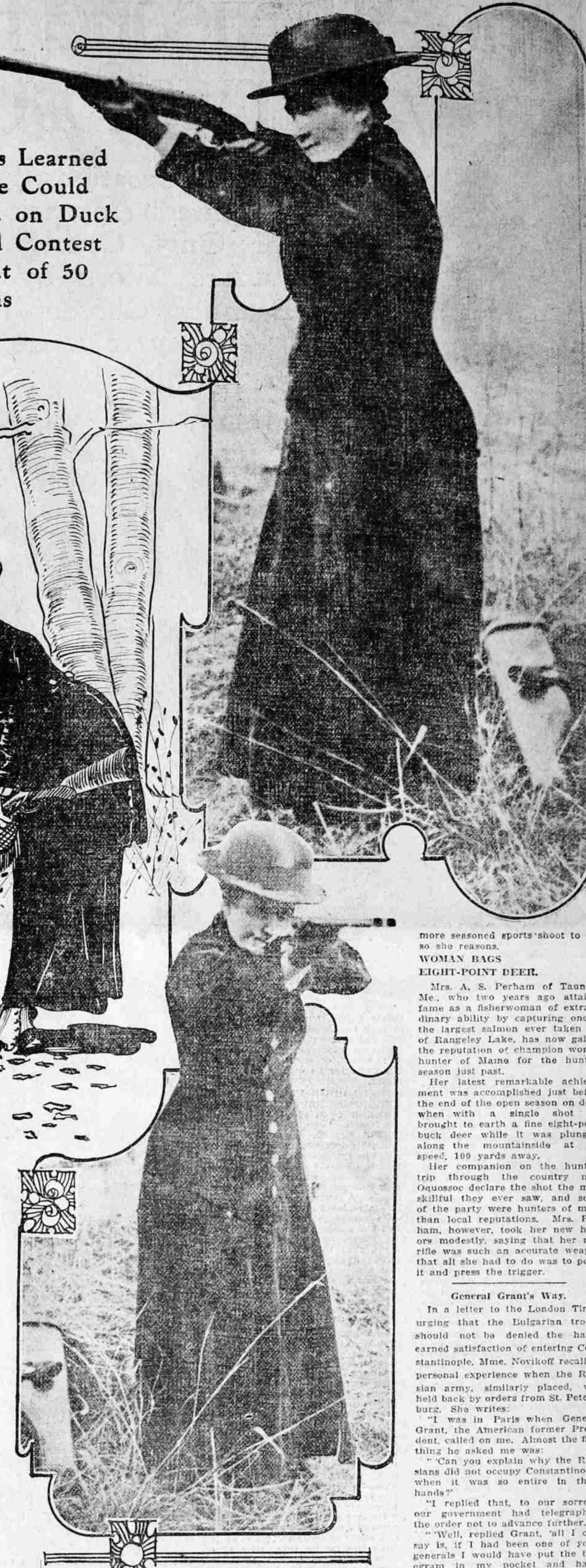
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more seasoned sports shoot to kill, so she reasons.

WOMAN BAGS EIGHT-POINT DEER.

Mrs. A. S. Perham of Taunton, Me., who two years ago attained fame as a fisherwoman of extraordinary ability by capturing one of the largest salmon ever taken out of Bangsley Lake, has now gained the reputation of champion woman hunter of Maine for the hunting season just past.

Her latest remarkable achievement was accomplished just before the end of the open season on deer, when with a single shot she brought to earth a fine eight-point buck deer while it was plunging along the mountainside at top speed, 100 yards away.

Her companion on the hunting trip through the country near Oquossoc declare the shot the most skillful they ever saw, and some of the party were hunters of more than local reputations. Mrs. Perham, however, took her new honor modestly, saying that her new rifle was such an accurate weapon that all she had to do was to point it and press the trigger.

General Grant's Way.

In a letter to the London Times urging that the Bulgarian troops should not be denied the hard-earned satisfaction of entering Constantinople, Mme. Novikoff recalls a personal experience when the Russian army, similarly placed, was held back by orders from St. Petersburg. She writes:

"I was in Paris when General Grant, the American former President, called on me. Almost the first thing he asked me was:

"Can you explain why the Russians did not occupy Constantinople when it was so entire in their hands?"

"I replied that, to our sorrow, our government had telegraphed the world not to advance further."

"Well," replied Grant, "all I can say is, if I had been one of your generals I would have put the telegram in my pocket and have opened it three days later in Constantinople."

political platform of the National Socialist party, and has been inserted in the New York platform of the Progressives.

"It has been found that a considerable number of children were failing to profit by the school work for the reason that they were underfed, and it was further found that the children who were actually starved were only a small part of a far larger group who were being fed the wrong things and suffered indirectly, not from hunger, but because they failed to reach the best level of vitality and resistance to disease and fatigue. It was simple enough to appease the hunger of a few starved children, but to do more than this and to get at the root of the problem and to overcome the ignorance, combined with perverted food habits, required scientific investigation."

LUNCHES FOR CHILDREN IN SCHOOLS NOW PRACTICED IN SEVENTY-FIVE CITIES---ORIGINATED IN GERMANY

That there is nothing new under the sun is well exemplified in the proposition of providing for the children of our public schools, which for the past few years has been urged by the leading educators of the United States. Five years ago there were four cities with school lunch experiments under way. There are now more than seventy cities with lunches in the regular elementary schools. In nearly all of these the School Board assumes at least a part of the responsibility. In an increasing number it assumes entire responsibility. Lunches are provided as a regular part of the equipment in nearly all the open-air schools, which are now opened in more than 100 cities, while the high school lunch is provided as a matter of course. To the majority of our intelligent citizens the importance of school feeding is not realized, and a goodly

number look on it as one of those new-fangled notions of the modern idealist, and drop the subject without further consideration or investigation, not knowing that the movement has grown out of the realization of the dependence of mental progress on bodily conditions.

Considered externally, the practice of providing food for the children of the poor was started just about the dawn of the Christian era in order that the birth rate decrease should be arrested. Pliny, the younger, makes this statement about the children of Rome:

"They are a bulwark in time of war and an ornament in time of peace, and thus they thoroughly learn to love their country not so much as being their native land, but as being their nourisher." That Pliny was a man of deeds as well as a historian it is recorded in an

inscription to his memory that he gave large sums of money for the sustenance of the children of the townsfolk.

Very old English records show, in one form or other, that food was provided for the pupils, and the "Children Act" of 1908 is the direct descendant of one of the laws of the Great King Alfred.

Louis Stevens Bryant, one of the most active workers on the School Luncheon Committee of the Home and School League, and also connected with the psychological clinic of the University of Pennsylvania, has this to say on the subject:

"School feeding antedated compulsory education in Germany, and was associated with the first constructive attempt on the part of municipalities to meet the social needs growing out of the industrial revolution at the end of the eighteenth century. Through the efforts

of the Count Rumford municipal soup kitchens were built to accommodate working men out of employment and moving from place to place in search of work. From the first these kitchens were designed as a public convenience to all the people, and the schools were invited to send to them at noon children who otherwise would go without lunch or fare badly. This work was never discontinued, and in 1876 an ordinance required that all schools in Munich should have kitchen and dining rooms attached. The provision of meals in German municipalities has spread, until at the present time it is a national movement, with agitation for compulsory national control.

"In France the Cantines Scolaires had a quaint origin. One of the sections of the National Guard found at the close of the year 1849 that they had a small surplus in the

treasury, which was turned over to form the nucleus of a school fund to help all children to go to school. Through the course of years this fund grew until 1882, when the school funds were made obligatory. One of the main uses has always been the furnishing of meals.

"Victor Hugo gave the first impetus to the provision of school meals in England, when he invited to his summer home in Guernsey a group of children from a neighboring school to a daily dinner. This was about fifty years ago, and a few years later the Destitute Children's Dinner Society was founded in London, the first of many charitable ventures, with little other effort than to relieve acute distress during a few weeks in winter. There was no attempt at central organization and little grasp of the educational possibilities. For the most part the meals were designated to discourage

any but the children who were in absolute necessity, and from all accounts they achieved this end.

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